

Sent: Sunday, 30 September 2018 07:54:02 PM EDT

Subject: I broke my left ankle while playing Golf today...

Dear Friends and Family,

A few days ago I shot a 43 and a 45 for the 18 hole total of 88, my best round ever by far. Today I played very poorly on the first hole. After hitting a perfect Tee shot on the second hole, I stepped down from the T box on steeply sloped wet grass, slipped with inversion of the left ankle and actually heard the distal fibula break! It did not really hurt bad but when I went to stand up the ankle was unstable.

I drove my car to the Mary Immaculate Hospital ER where x-rays revealed a non displaced fracture of the distal left fibula; not a terrible injury. The fracture did not involve the ankle joint. Treatment will probably be a splint with limited walking. Recovery time is about 6 weeks. I was treated by the ER Doc today and will see an Orthopedic Surgeon in a day or two.

I expect to cancel my 5-6 month trip to Munich, The Maldive Islands and Asia scheduled to start on 11 Oct 2018. I need to have full unimpeded mobility to enjoy my travels as a lot of Scuba Diving and Golf was anticipated.

The amazing thing is that I am not much upset by this matter. I went to the Golf Course straight from an AA meeting and was in an excellent spiritual space when it happened. God is good and life happens.

Love to All,

Milton D Quigless Jr MD FACS (ret)

"The Joy is in the Journey"